

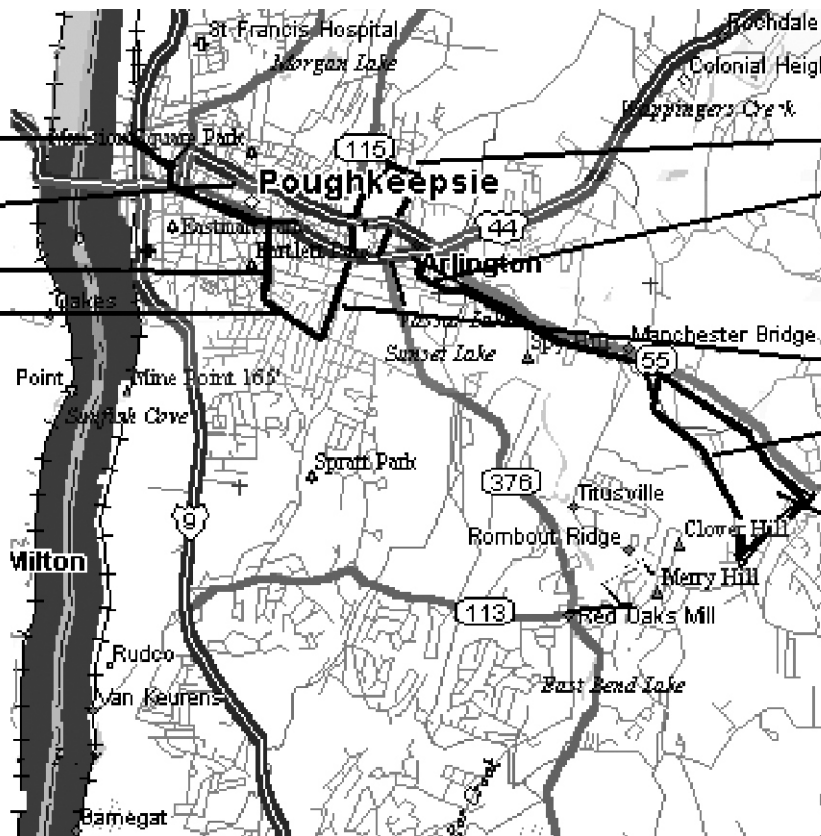
**Poughkeepsie Train
Station**

Mill Street

Cherry Street

Hooker Ave

Apple Valley Commuter Train Connection



Marple Road

**Manchester
Road**

Grand Ave

Noxon Road

**Apple Valley
Shopping
Center**

Weekday Mornings Apple Valley to New York Route #21A/22A

Dutchess CTC Bus		AM	AM	AM	AM	AM
Apple Valley Shopping Ctr. - FREE PARKING	Leave	4:33	4:58	5:35	6:05	6:28
Noxon Rd. & Route 55	Leave	4:38	5:03	5:40	6:10	6:33
Maple Knoll	Leave	4:48	5:13	5:50	6:20	6:43
N. Cherry & Route 44/55	Leave	4:58	5:23	6:00	6:30	6:53
Poughkeepsie Train Station	Arrive	5:08*	5:33*	6:10*	6:40*	7:03*
Metro-North Train				Express	Express	New Express
Train Departure Time	Leave	5:15	5:40	6:17	6:47	7:10
ARRIVE Grand Central Term.	Arrive	6:50	7:17	7:47	8:17	8:43

*Departs Train Station and returns to Apple Valley Center via Route 55 East. The bus will pick up and discharge along route.

Weekday Evenings New York to Apple Valley Route #21P/22P

Metro-North Train		PM	PM	PM	PM	PM	PM	PM
Grand Central Term.	Leave	3:58	4:41	5:09	5:28	5:50	6:10	6:46
Poughkeepsie Train Station	Arrive	5:39	6:23	6:38	6:57	7:30	7:54	8:26
Dutchess CTC Bus				Express	New Express			
Poughkeepsie Train Station	Leave	5:44	6:27	6:43	7:13	7:35	7:59	8:34
Main St. and Market St.	Arrive	5:48	6:31	6:47	7:17	7:39	8:03	8:38
Route 44/55 & N. Cherry	Arrive	-	-	-	-	-	-	-
Maple Knoll	Arrive	-	-	-	-	-	-	-
Route 55 & Noxon Rd.	Arrive	-	-	-	-	-	-	-
Apple Valley Shopping Ctr. - FREE PARKING	Arrive	6:15*	6:58*	7:14*	7:44*	8:06*	8:27*	9:05*

*Departs Apple Valley Center and returns to the Poughkeepsie Train Station via Route 55 West. The bus will pick up and discharge along route.

Fares:

Fares shown are for tickets purchased at Station Ticket Offices (Grand Central Terminal and Poughkeepsie), or Ticket Vending Machine at the station. Tickets can also be purchased online through WebTicket at www.mta.info.

Please note: Tickets purchased aboard the train are higher.

	Monthly UniTicket Bus & Rail	Monthly Commutation Rail	Weekly UniTicket Bus & Rail	One-Way Peak Rail	One-Way Off-Peak Rail	One-Way on CTC Bus
Between Grand Central Terminal and Poughkeepsie Station	\$344.00	\$329.00	\$110.00	\$16.25	\$12.00	\$1.00